



Panamanian Country Guide

Page 1 of 5 Important Information Prior to Travelling to Panama

Current DFAT Travel Advice

This advice is current for Mon, 5th November 2018.

Exercise a high degree of caution in Panama due to high levels of criminal activity and incidents of civil unrest. Pay close attention to your personal security at all times. Do not travel to the Darien Gap, beyond Yaviza, because of the risk of violent criminal activity.

Violent crime occurs in Panama. Pay attention to your personal security at all times, particularly after dark. See [Safety and security](#). If you are arriving from a country or area where yellow fever is endemic you'll need a valid Yellow Fever Vaccination Certificate for entry into Panama. See [Entry and exit](#).

The above information is an edited excerpt of the Travel Advice Summary from The Department of Foreign Affairs and Trade. Travellers are encouraged to read the travel advice in full, subscribe to updates to this advice and to register their presence in Panama at www.smartraveller.gov.au.

Passport and Tourist Visa Conditions

Australian passport holders do not usually require a visa to enter Panama as a tourist. It is recommended that travellers ensure their passport is valid for at least six months beyond their period of intended stay.

Travellers should be able to show documentation confirming their ability to financially maintain themselves (access to at least US\$500), as well as tickets and entry documents for all onward destinations. Certification of vaccination against yellow fever is recommended if coming from countries listed as having yellow fever, including Bolivia, Brazil, Colombia, Ecuador, Peru and Venezuela. If not already included in your ticket cost, an airport tax of US\$50 is payable upon departure from Panama.

For further information and to confirm that you are eligible to travel to Panama without a visa, please contact the Panamanian mission on the details below. Persons travelling via the US are reminded of their obligation to comply with US entry and transit requirements.

Vaccinations and Health Precautions

The following information is intended as a guide only and in no way should it be used as a substitute for professional medical advice relative to a travellers individual needs and vaccination history. No guarantee is made as to its accuracy or thoroughness. For further information, please contact The Travel Doctor on 1300 658 844.

Vaccination against Hepatitis A is recommended for travellers to Panama. Vaccination against Hepatitis B, Rabies (particularly if working with animals) and Typhoid (particularly when travelling to areas with poor sanitation and hygiene) should be considered by frequent or long stay travellers to Panama. Care with food and beverage selection is recommended. There is a medium risk of Malaria in Panama; Dengue Fever and widespread transmission of the Zika virus also occurs, thus insect avoidance measures and anti malarial medication may be necessary ; pregnant women should consider postponing travel to Panama. As Yellow Fever occurs in Panama, vaccination may be recommended depending on itinerary. Travellers returning to Australia (or entering many countries) within six days of visiting Panama will be required to present a valid Yellow Fever Vaccination Certificate.

Regardless of destination, all travellers should be up-to-date with their routine "background" vaccinations. Please consult a medical practitioner or contact The Travel Doctor for your specific risk to these preventable diseases and the appropriate avoidance measures. Australians travelling to Panama should ensure that they have adequate travel insurance to cover the length of their stay. Medications that are legal in Australia may be illegal in other countries. For further information on insurance, taking medication overseas, the Zika virus and other issues please visit www.smartraveller.gov.au/tips.

Panamanian Representation in Australia and Abroad

Consulate General of Panama, Sydney

1/234 Slade Road
BEXLEY NORTH, NSW 2207

Tel: (02) 9150 8409
Fax: (02) 9150 8410

Embassy of Panama, Singapore

16 Raffles Quay Tel: (+65) 6221 8677
41-06 Hong Leong Bldg Fax: (+65) 6224 0892
SINGAPORE 048581

Web: www.panamaemb.org.sg



Panamanian Country Guide

Page 2 of 5 Important Information while Travelling in Panama

Time Differences between Panama and Australia

Panama is Greenwich Mean Time -5 hours. Daylight saving time is not observed. The applicable time zone is called Eastern Standard Time (EST). The following times in Australia are a day ahead of the time in Panama, for instance if it's Sunday afternoon in Panama, it's Monday morning in Australia.

Panama, 12 noon, June = Perth 1am; Adelaide, Darwin 2:30am; Brisbane, Hobart, Melbourne, Sydney 3am.

Panama, 12 noon, December = Perth 1am; Darwin 2:30am; Brisbane 3am; Adelaide 3:30am; Hobart, Melbourne, Sydney 4am.

Important Contact Numbers

Country Code for Panama: +507

To Dial Australia Call:
 00 - Cable & Wireless; or
 088 00 - Telecarrier; or
 055 00 - Clarocom;
 followed by 61 <City> <Number>

Travelex Card Services:
 Call the US on +1 954 838 8294

Visa Global Assistance:
 001 888 771 1784

MasterCard:
 001 800 307 7309

American Express Travellers Cheques:
 001 888 875 0475

Emergency Services:
 All - 911
 Police - 104

The emergency services may not have English speaking staff. To avoid delay it may be best to seek the assistance of a Spanish speaker to call the emergency services.

Important Information to be Recorded

Travellers are encouraged to carry photocopies of all important documents separately to their originals, and to leave a set of these photocopies with someone in Australia. This includes those documents listed below.

Passports

Name: _____ Passport #: _ _ _ _ _

Name: _____ Passport #: _ _ _ _ _

Credit Cards

Name: _____ Institution: _____

Card Number: _ _ _ _ _

Name: _____ Institution: _____

Card Number: _ _ _ _ _

Travel Insurance

Name: _____ Institution: _____

Policy #: _____ Emergency #: _____

Name: _____ Institution: _____

Policy #: _____ Emergency #: _____

Australian Representation in Panama

Australian Embassy, Mexico

Ruben Dario 55
 Col. Polanco
 MEXICO CITY 11580

Tel: (+52 55) 1101 2200
 Fax: (+52 55) 1101 2201

Web: www.mexico.embassy.gov.au

Australia does not maintain a permanent consular presence in Panama. The Australian Embassy in Mexico City, Mexico is accredited to this country. Alternatively, Australians may obtain assistance by contacting the 24 hour Consular Emergency Centre in Australia on (+61) 2 6261 3305.

Australians in Panama are encouraged to register their presence and contact details with the Australian Embassy in Mexico, or online with the Department of Foreign Affairs and Trade at www.orao.dfat.gov.au.



Panamanian Country Guide

Page 3 of 5 General Destination Information for Panama

Duty Free Allowances for Panama and Australia

Duty Free limits when entering Panama:

Alcohol: Five bottles or one gallon of liquor.
 Tobacco: Up to ten cigarette packs.
 Other Goods: Up to a value of US\$2,000.

Duty Free limits when entering Australia:

Alcohol: 2.25 L.
 Tobacco: 25 cigarettes plus one open packet of cigarettes.
 Other Goods: Up to a value of \$900 (\$450 if under 18 years).

Minors may not claim alcohol or tobacco products. Further restrictions apply when entering/exiting Panama and Australia. Travellers are encouraged to familiarise themselves with these restrictions before crossing the borders of either country. For information on Panamanian customs please visit www.ana.gob.pa (Spanish only), or for information regarding Australian customs please visit www.border.gov.au.

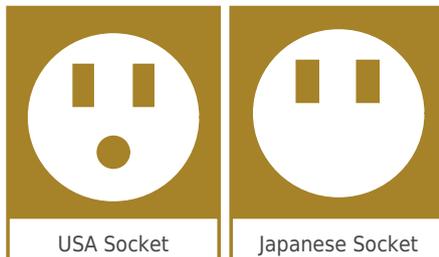
Electrical and Telephone Adaptors

Electrical Socket type: USA and Japanese

Voltage: 110-120 volts (different to Australia, voltage/frequency converter required).

Modem Plug: USA.

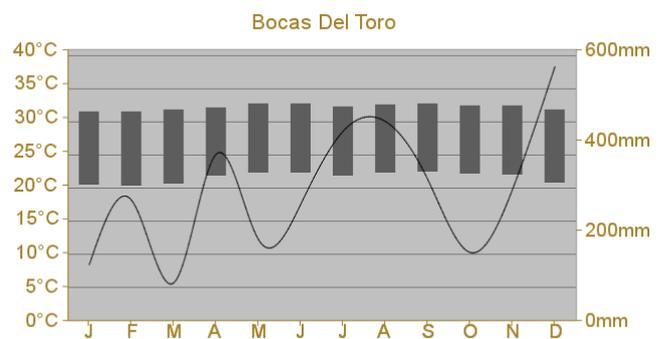
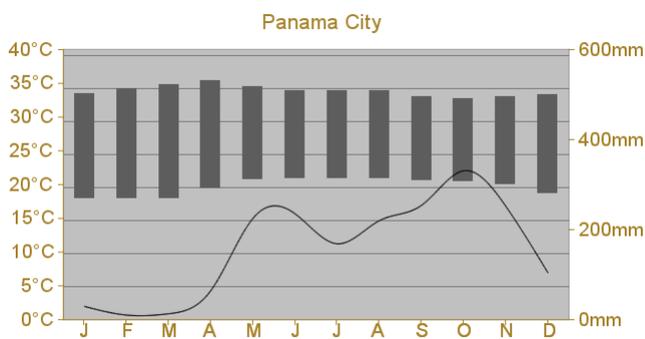
To purchase electrical adaptors, or for further information, please go to www.korjo.com.au.



Panamanian Public Holidays 2018

01 Jan:	New Year's Day	04 Nov:	Flag Day
09 Jan:	Martyr's Day	05 Nov:	Colon Day
13 Feb:	Shrove Tuesday	10 Nov:	Santos Uprising
30 Mar:	Good Friday	26/28 Nov:	Independence Day
01 Apr:	Easter	08 Dec:	Mother's Day
01 May:	Labor Day	25 Dec:	Christmas Day
03 Nov:	Independence Day		

Average Temperature (Bar) and Precipitation (Line) in Panama



Source: Panamanian Meteorological Service. For local forecasts please go to www.hidromet.com.pa or www.bbc.co.uk/weather.

TRAVEL ADVICE COPYRIGHT INFORMATION - Source Document: Travel Advice for Panama. Author: Department of Foreign Affairs and Trade, Commonwealth of Australia. The Travel Advice information presented in this report is copyright Commonwealth of Australia. This advice is a synopsis only, more information relevant to specific issues is available from the website listed below. This material has been reproduced by permission, but does not purport to be the current official or authorized version. The Commonwealth does not warrant that the information is accurate, comprehensive or up to date, and you should make independent inquiries, and obtain appropriate advice, before relying on the information in any important matter. A current version may be obtained from www.smarttraveller.gov.au.



Panamanian Country Guide

Exchange Rate with Panama

Interbank Rate

1 Australian Dollar (AUD) = 0.72 US Dollars
 1 US Dollar (USD) = 1.39 Australian Dollars

With 4% Margin

1 Australian Dollar (AUD) buys 0.69 US Dollars
 1 US Dollar (USD) will cost 1.45 Australian Dollars

All rates were correct at a point in time on Monday, 05 Nov 2018. The "Interbank Rate" does not take into account any exchange fees, while the "With 4% Margin" adds 4% to the exchange rate to simulate a typical margin that would be paid when exchanging currencies. These currency rates have been rounded and should not be used when calculating transactions of large value.

Currency Cheat Sheet

\$0.50 USD = \$0.72 AUD

This cheat sheet uses the "With 4% Margin" rate of exchange listed above.

\$1 USD = \$1.45 AUD	\$10 USD = \$14.46 AUD	\$100 USD = \$144.61 AUD
\$2 USD = \$2.89 AUD	\$20 USD = \$28.92 AUD	\$200 USD = \$289.22 AUD
\$3 USD = \$4.34 AUD	\$30 USD = \$43.38 AUD	\$300 USD = \$433.83 AUD
\$4 USD = \$5.78 AUD	\$40 USD = \$57.84 AUD	\$400 USD = \$578.44 AUD
\$5 USD = \$7.23 AUD	\$50 USD = \$72.31 AUD	\$500 USD = \$723.05 AUD
\$6 USD = \$8.68 AUD	\$60 USD = \$86.77 AUD	\$600 USD = \$867.67 AUD
\$7 USD = \$10.12 AUD	\$70 USD = \$101.23 AUD	\$700 USD = \$1,012.28 AUD
\$8 USD = \$11.57 AUD	\$80 USD = \$115.69 AUD	\$800 USD = \$1,156.89 AUD
\$9 USD = \$13.01 AUD	\$90 USD = \$130.15 AUD	\$900 USD = \$1,301.50 AUD
		\$1000 USD = \$1,446.11 AUD

Panamanian Currency

The official currency of Panama is called the Balboa, which is pegged to the US Dollar a rate of 1:1. Panama does not print its own banknotes, instead using US notes in day to day transactions alongside balboa and US coins. Balboa coins are the same size, shape and weight as US coins.

The following units of currency are the most common but other versions and denominations are also in circulation. Pictures are not to scale. As it is illegal in many countries to print copies of bank notes, travellers are advised to remove the below images prior to travelling.





Panamanian Country Guide

Page 5 of 5 About Panama and Panamanian Travel Map

About Panama

Full Name:	Republica de Panama (Republic of Panama).	Significant Dates:	
Independence:	3 November 1903 (from Colombia), 28 November 1821 (from Spain).	Pre 1502	- Chibchan, Chocoan, and Cueva peoples among others settle the lands of modern Panama.
Size:	75,420 sq km (10% larger than Tasmania).	1502	- Spanish explorers reach Panama, beginning the conquest and colonization of the region.
Population:	3.5 million. Panama City 1.4 million.	1519	- Spanish Vice-royalty of New Andalusia established.
Religion:	Catholic 85%, Protestant 15%.	1821	- Independence from Spain, Panama becomes part of Gran Colombia along with many other countries.
Language:	Spanish (official), English 14%.	1903	- Panama becomes independent from Colombia.
GDP Per Capita:	US\$15,300 (Australia US\$40,800).	1904-14	- US Army builds the Panama Canal.
		1968-89	- Military dictatorships of Omar Torrijos (till 1981) and Manuel Noriega (81-89).
		1989	- US invades, Noriega charged with drug trafficking.
		1999	- Canal transferred from US to Panamanian control.

